

Spiritual Rock Piling, Slavery

When people place stones upon us, layer after layer, eventually we may forget what it feels like to move freely. If being buried beneath spiritual rocks is all we have ever known, we may begin to believe this weight is normal. We may feel that the stones are our burden.

This is how spiritual slavery can take form, through stones, and chains we cannot see, through expectations, guilt, fear, manipulation, and the slow conditioning that teaches us our purpose is to carry what others place upon us.

But there is another way.

There is life beyond the weight others have placed upon us, though we must learn to trust in our own strength enough to remove what does not belong to us and separate completely when necessary. Where the rocks continue to be piled upon us, we must learn to avoid them. We must be willing to walk away from the pile and from those who keep building it.

We can remove the stones, one by one. We can recognize which burdens belong to us and which were placed there by others. We can separate ourselves from those who continue to add weight to our backs while calling it love, or obligation.

The rocks may have shaped us, but they do not have to define us. There is life beyond the stones. *There is a better life for US.*



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